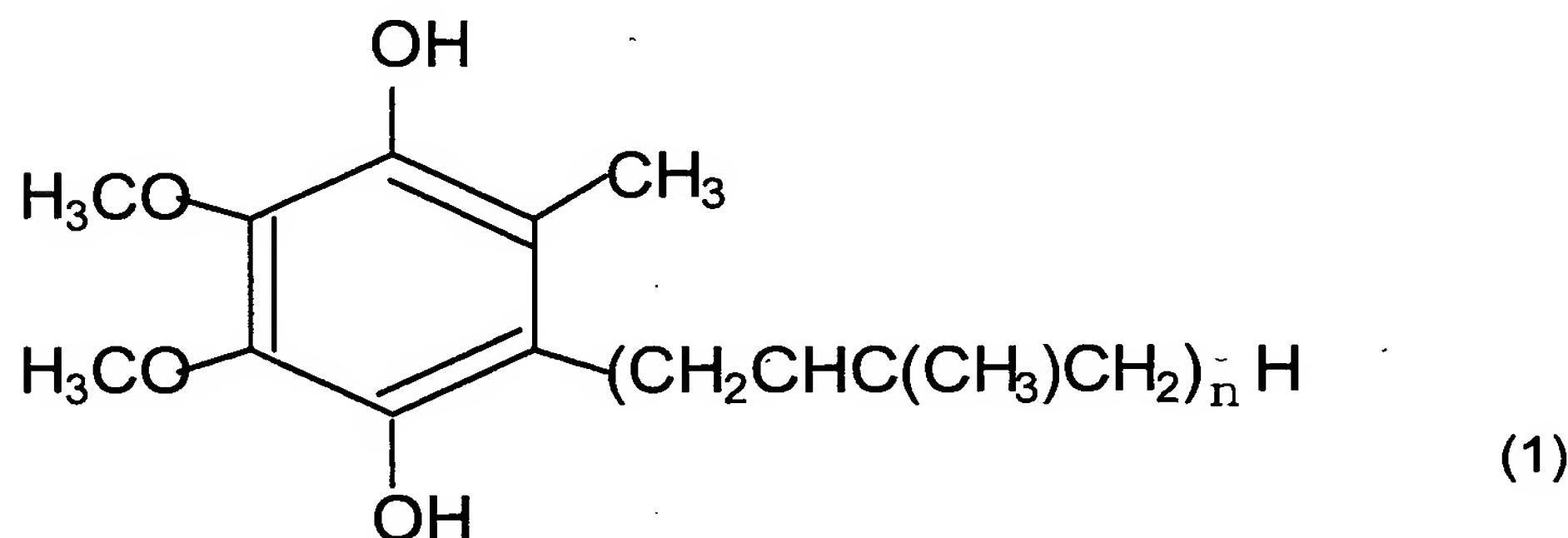
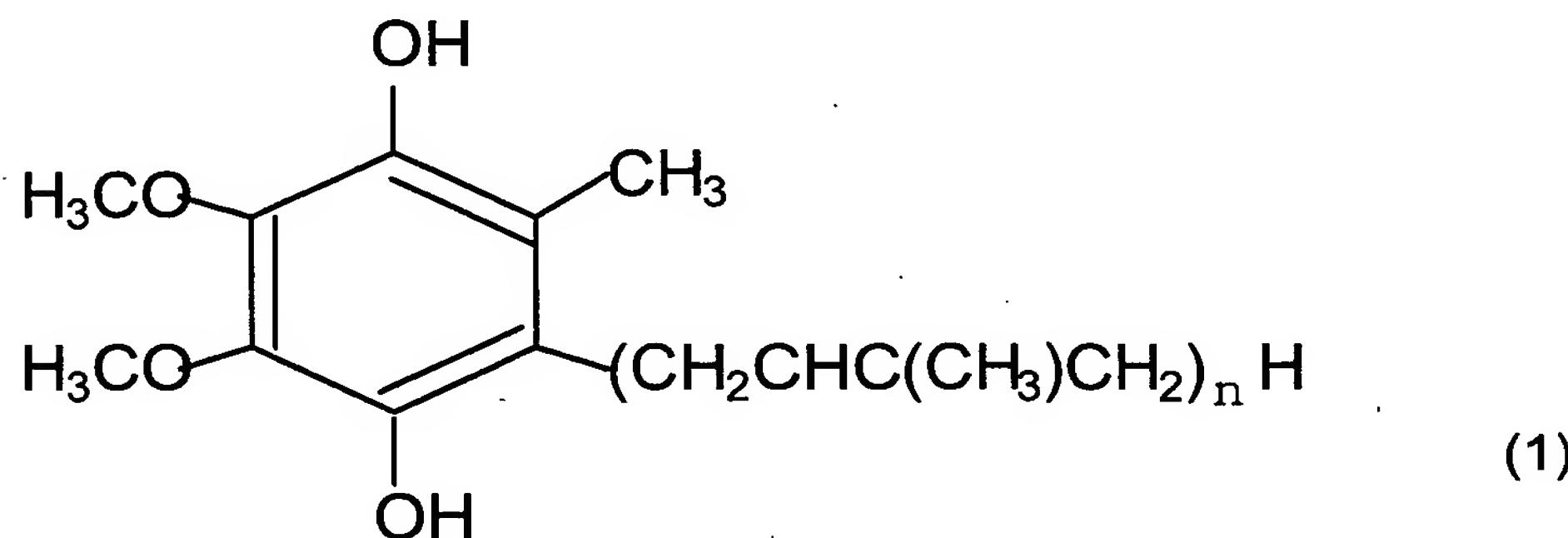


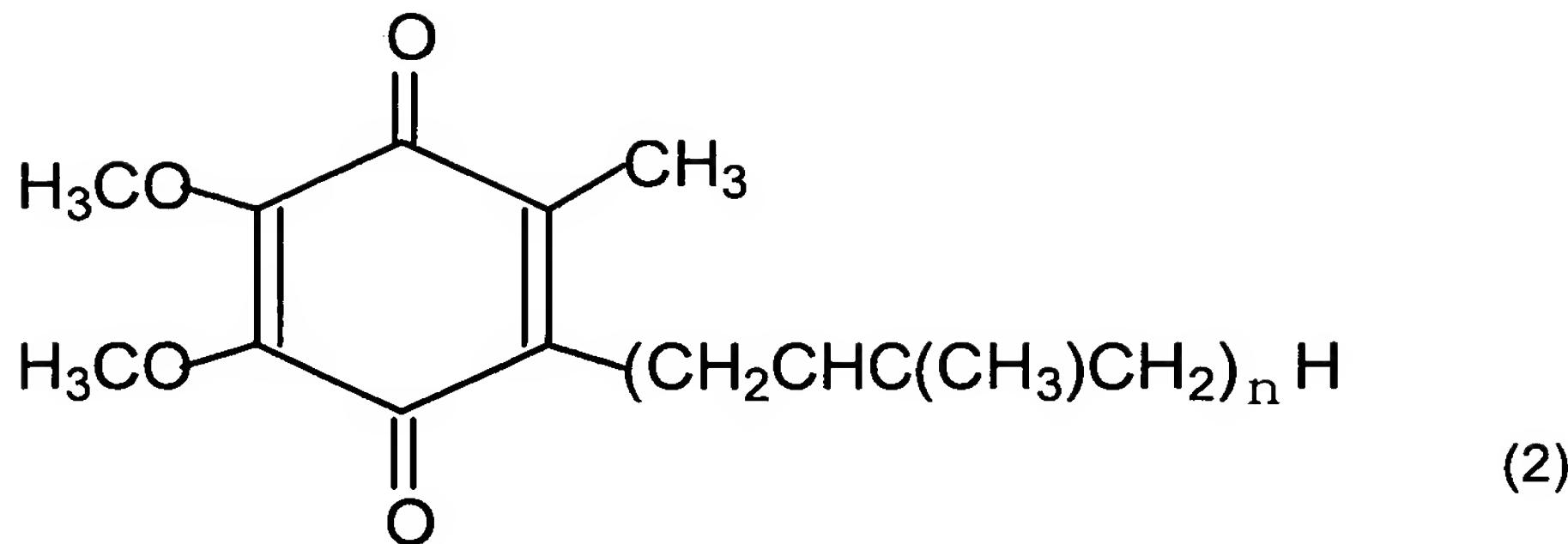
CLAIMS

1. A fatigue reducing agent, comprising reduced coenzyme Q represented by the following formula (1) as an active ingredient (wherein n represents an integer from 1 to 12).



2. A fatigue reducing agent, comprising reduced coenzyme Q represented by the following formula (1) and oxidized coenzyme Q represented by the following formula (2) as the active ingredients (wherein n represents an integer from 1 to 12).





3. The fatigue reducing agent according to claim 1 or 2, wherein the coenzyme Q is coenzyme Q₁₀.
4. The fatigue reducing agent according to any one of claims 1 to 2, further containing an antioxidant and/or an antioxidant enzyme.
5. The fatigue reducing agent according to claim 4, wherein the antioxidant is vitamin E, vitamin E derivatives, vitamin C, vitamin C derivatives, probucol, lycopene, vitamin A, carotenoids, vitamin B, vitamin B derivatives, flavonoids, polyphenols, glutathione, pyrroloquinoline quinone, pycnogenol, flavangenol, or selenium.
6. The fatigue reducing agent according to claim 4, wherein the antioxidant enzyme is superoxide dismutase (SOD), glutathione peroxidase, glutathione-S-transferase, glutathione reductase, catalase or ascorbic acid peroxidase.

7. The fatigue reducing agent according to any one of claims 1 to 2, also comprising a nutrient and tonic component.

8. The fatigue reducing agent according to claim 7, wherein the nutrient and tonic component is creatine, taurine, vitamin B₁, a vitamin B derivative, or an amino acid.

9. The fatigue reducing agent according to claims 1 to 2, also comprising a nutritional supplement.

10. The fatigue reducing agent according to claim 9, wherein the nutritional supplement is an amino acid, a metal ion, sugar, protein, a fatty acid or a vitamin.

11. The fatigue reducing agent according to any one of claims 1 to 2, wherein the form is a drink or a food.

12. The fatigue reducing agent according to any one of claims 1 to 2, wherein it reduces muscle fatigue by being applied directly to the skin.

13. The fatigue reducing agent according to claim 12, wherein the form is a spray, an ointment, a liniment, a lotion, a cream, a poultice, a plaster or a tape.

14. The fatigue reducing agent according to claim 12, also comprising an anti-inflammatory component.

15. The fatigue reducing agent according to claim 14, wherein the anti-inflammatory component is at least one that is selected from the group consisting of steroids, salicylic acid and its derivatives, aryl acetate and its derivatives, propionic acid and its derivatives, fenamic acid and its derivatives, pyrazolone and its derivatives, oxicam and its derivatives, and non-acidic anti-inflammatory agents.
16. A method for increasing the level of coenzyme Q in the muscles of animals by using the fatigue reducing agent according to claims 1 to 15.
17. A method for increasing the level of coenzyme Q in the muscles of vertebrates by using the fatigue reducing agent according to claims 1 to 15.
18. A method for increasing the level of coenzyme Q in the muscles of mammals by using the fatigue reducing agent according to claims 1 to 15.
19. A method for increasing the level of coenzyme Q in the muscles of humans by using the fatigue reducing agent according to claims 1 to 15.
20. A method for increasing the level of reduced coenzyme Q in the muscles of animals by using the fatigue reducing agent according to claims 1 to 15.

21. A method for increasing the level of reduced coenzyme Q in the muscles of vertebrates by using the fatigue reducing agent according to claims 1 to 15.
22. A method for increasing the level of reduced coenzymeQ in the muscles of mammals by using the fatigue reducing agent according to claims 1 to 15.
23. A method for increasing the level of reduced coenzyme Q in the muscles of humans by using the fatigue reducing agent according to claims 1 to 15.
24. A method for reducing fatigue of animals by using the fatigue reducing agent according to claims 1 to 15.
25. A method for reducing fatigue of vertebrates by using the fatigue reducing agent according to claims 1 to 15.
26. A method for reducing fatigue of mammals by using the fatigue reducing agent according to claims 1 to 15.
27. A method for reducing fatigue of humans by using the fatigue reducing agent according to claims 1 to 15.